For Families, Students, and Teachers

Dear Summit Park Families,

To say that we miss our students and families is an understatement. We miss the excitement as each day begins and being part of almost 500 students' daily routine each week. The hustle and bustle of each day has come to an abrupt stop as the school day takes on new meaning with our remote learning. Summit Park's teachers, staff, and administrators want to be there to help support you as you navigate this temporary way of life with supports for you and your family. Please don't hesitate to reach out with any questions or concerns during this time. We are here for you!

This website was put together to assist you in finding resources to support our families during the Covid-19 pandemic if and when you need them. Feel free to share these resources with family and friends.

Be well and stay in touch.

Laina Marks, NCC, LCPC

Summit Park Elementary

School Counselor

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Sheila Thomas, Principal

Mental Health First Aid

Mental health services to support the psychological and emotional wellbeing.

[Virtual Crisis Walk-In Clinic](http://Virtual Crisis Walk-In Clinic www.sheppardpratt.org Urgent Online Therapy and Telemedicine at Sheppard Pratt )

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[Health Overview - Baltimore County](http://Health Overview - Baltimore County www.baltimorecountymd.gov The Baltimore County Department of Health offers a variety of free and low cost public health services for children and adolescents, adults, seniors and pets. )

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[Mental Health Association of Maryland | Mental Health Training and Advocacy](https://www.mhamd.org/" \t "_blank)

[www.mhamd.org](https://www.mhamd.org/" \t "_blank)

[We envision a just, humane and healthy society in which all people are accorded respect, dignity and the opportunity to achieve their full potential free from stigma and prejudice.](https://www.mhamd.org/" \t "_blank)

[2-1-1 Maryland | MD Programs & Services Aid | Get Help](https://211md.org/" \t "_blank)

[211md.org](https://211md.org/" \t "_blank)

[Maryland Residents can get help with MD 2-1-1 Maryland to help find information & referrals for Maryland programs & services 24 hours a day.](https://211md.org/" \t "_blank)

[Behavioral Health Administration Home](https://bha.health.maryland.gov/pages/index.aspx" \t "_blank)

[bha.health.maryland.gov](https://bha.health.maryland.gov/pages/index.aspx" \t "_blank)

National Suicide Prevention Lifeline

1-800-273-8255

Baltimire County Crisis Response

24 HR Hotline

410-931-2214

Food Resources

Maryland Food Bank

Find a food bank near you.

[Maryland Food Bank - A Hunger Relief Non-Profit | Donate Now](http://mdfoodbank.org/" \t "_blank)

[mdfoodbank.org](http://mdfoodbank.org/" \t "_blank)

[Together we can diminish the immediate effects of hunger through access to nutritious food, while helping Marylanders build long-term paths to self-sufficiency.](http://mdfoodbank.org/" \t "_blank)

Baltimore County Food Resources

To provide food security to Baltimore County Families

[Food Resources - Baltimore County](http://Food Resources - Baltimore County www.baltimorecountymd.gov Find food resources in Baltimore County during the COVID-19 pandemic. )

[www.baltimorecountymd.gov](http://Food Resources - Baltimore County www.baltimorecountymd.gov Find food resources in Baltimore County during the COVID-19 pandemic. )

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Baltimore County Together

You can buy, donate and request donations of boxes for vegetables and fruit.

[[](http://www.baltimorecountytogether.org/shop/)](http://www.baltimorecountytogether.org/shop/" \t "_blank)

[Vegetable Box](http://www.baltimorecountytogether.org/shop/" \t "_blank)

[www.baltimorecountytogether.org](http://www.baltimorecountytogether.org/shop/" \t "_blank)

BCPS Meal Distribution Sites

Students under 18 can get 3 meals a day.

[https://www.bcps.org/system/coronavirus/Meal\_Sites\_03\_26\_2020.pdf](https://www.bcps.org/system/coronavirus/Meal_Sites_03_26_2020.pdf" \t "_blank)

[www.bcps.org](https://www.bcps.org/system/coronavirus/Meal_Sites_03_26_2020.pdf" \t "_blank)

Pet Food Bank

Unique resource to help those family members who can't speak for themselves.

[Bmore Kind Pet Food Bank | Baltimore Humane Society](http://bmorehumane.org/services/bmore-kind-pet-food-bank/" \t "_blank)

[bmorehumane.org](http://bmorehumane.org/services/bmore-kind-pet-food-bank/" \t "_blank)

Internet Resources

**COMCAST**

Our understanding is that the first two months are free, and then around $10 monthly after that point. Please see the links attached:

<https://corporate.comcast.com/press/releases/internet-essentials-low-income-broadband-coronavirus-pandemic> - comcast information page with link to apply as well as phone number to speak directly with a representative

<https://www.internetessentials.com/> - The page to actually apply

If you face difficulty I would HIGHLY recommend calling and speaking to someone directly from the company that can help walk you through the process and streamline your application. The phone number to do this is 1-855-846-8376.

**AT&T**

Offering two months of free services, and then $5 a month for speeds 768Kbps-3Mbps,or $10 a month for speeds 5Mbps-10MBPS. They are waiving all home internet date overage fees.

Please see the link attached:

<https://m.att.com/shopmobile/internet/access/#!#startedStep> -AT&T application and information page

The customer service number is 1-800-288-2020. Similar to the Comcast application, if you have any issues I would HIGHLY recommend speaking with a representative directly.

**VERIZON**

Provides “Lifeline Services” including phone, and internet for discounted fees. Basic phone services appear to be around $0.66 a month for outgoing calls, and enhances phone services are $10 a month for unlimited calls. Additionally, Broadband internet is available for $9.25 monthly. Please see the following links:

<https://www.verizon.com/support/consumer/account/manage-account/lifeline-discount> - Information and application for Lifeline Service account

<https://www.verizon.com/cs/groups/public/documents/adacct/md-service-details-060117.pdf-> Information for Maryland Service Details

The customer service number is 1-800-832-4966. Similar to the Comcast and AT&T application, if you have any issues I would HIGHLY recommend speaking with a representative directly.

Social Emotional Supports

Conscious Discipline

Resources our teachers use to support students in the classroom.

[Conscious Discipline: Transformational Social-Emotional Learning](https://consciousdiscipline.com/" \t "_blank)

[consciousdiscipline.com](https://consciousdiscipline.com/" \t "_blank)

[Covid19: Resources for Families and Educators. Safety, connection and problem-solving are the most valuable contribution we can offer to those around us as we navigate these unprecedented times (and beyond).](https://consciousdiscipline.com/" \t "_blank)

Virtual Calming Room

A virtual calming room...enjoy and relax with sounds, music, visual relaxation, guided practice, resources, and apps to help manage stress and anxiety.

[Virtual Calming Room](https://sites.google.com/apps.district279.org/virtualcalmingroom/home)

Second Step

Resources and strategies to help our students get through difficult times.

[Ways to Cope in Trying Times](http://Ways to Cope in Trying Times www.secondstep.org We've compiled a list of educational resources you can use to help young people learn the social-emotional skills they need to get through COVID-19. )

[www.secondstep.org](http://Ways to Cope in Trying Times www.secondstep.org We've compiled a list of educational resources you can use to help young people learn the social-emotional skills they need to get through COVID-19. )

[We’ve compiled a list of educational resources you can use to help young people learn the social-emotional skills they need to get through COVID-19.](http://Ways to Cope in Trying Times www.secondstep.org We've compiled a list of educational resources you can use to help young people learn the social-emotional skills they need to get through COVID-19. )

PBS

Great source of information for families.

[Parent Resources, Tips, and Advice | PBS KIDS for Parents](https://www.pbs.org/parents/" \t "_blank)

[www.pbs.org](https://www.pbs.org/parents/" \t "_blank)

[Explore parent resources to help you raise kind, curious and resilient children. Find parenting tips, hands-on activities, games, and apps featuring your…](https://www.pbs.org/parents/" \t "_blank)

Inside SEL

Lots of resources for Social Emotional Learning and helping your child.

[SEL Resources for Parents, Educators & School Communities Related to COVID-19](https://insidesel.com/2020/03/12/covid-19/" \t "_blank)

[insidesel.com](https://insidesel.com/2020/03/12/covid-19/" \t "_blank)

[Our team at Inside SEL has put together an initial list of resources, blog posts and guides to help cope during this volatile and difficult time. Our intention is to continue to add to the list as we come across more relevant content.](https://insidesel.com/2020/03/12/covid-19/" \t "_blank)

CASEL

Social emotional connectedness through physical distancing.

[CASEL - CASEL](https://casel.org/covid-resources/" \t "_blank)

[casel.org](https://casel.org/covid-resources/" \t "_blank)

Family Activities

Fun ideas for families to stay connected while home.

[101 Absolutely Free Activities for Kids](http://101 Absolutely Free Activities for Kids www.verywellfamily.com Get a list of 101 totally free activities for kids and their families to help you have fun and stay connected. )

[www.verywellfamily.com](http://101 Absolutely Free Activities for Kids www.verywellfamily.com Get a list of 101 totally free activities for kids and their families to help you have fun and stay connected. )

[Get a list of 101 totally free activities for kids and their families to help you have fun and stay connected.](http://101 Absolutely Free Activities for Kids www.verywellfamily.com Get a list of 101 totally free activities for kids and their families to help you have fun and stay connected. )

[](https://www.smore.com/u/lainamarks)

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